

# Teen/Adult Classes

Information (714) 327-7525

## ADULT DANCE CLASSES

All classes of the  
**West Coast School of the Arts**  
will be taught at  
890 W. Baker Street, Costa Mesa  
(714) 754-4199  
www.wcdance.com

*Refer to receipt for dance  
attire and other requirements*

### Yoga\* Age: 18+

In Yoga conditioning you will learn to use your muscle strength to hold and move through deep stretching positions, all while using your breath to support you.

**\$100/10 Wks\*** (Min 5/Max 20)  
1832 1/7-3/11 M 9:30-10:30 am

### Cardio Ballet Bar\* Age: 18+

Using the basic ballet technique, you will work all your body muscles to reshape and contour a sleeker physique.

**\$100/10 Wks\*** (Min 5/Max 20)  
1833 1/7-3/11 M 10:30-11:30 am

### Beginning Ballet\* Age: 13+

Learn all basic positions at the bar and in center floor. We will use combinations to work different parts of the body in different ways, all to beautiful classical music.

**\$100/10 Wks\*** (Min 3/Max 12)  
1834 1/7-3/11 M 7:30-8:30 pm

### Beginning Tap\* Age: 13+

Introduction to FUNdamentals of Tap including the styles of Broadway Rhythm.

**\$100/10 Wks\*** (Min 3/Max 12)  
1835 1/7-3/11 M 7:30-8:30 pm

### Beginning Line Dancing Age: 18+

If you can count to four and like to have fun, you will love line dancing. You will learn popular dances of all variations. Hottest line dance tunes free with enrollment. Come join us for some fun and a great workout to boot!

Instructor: Cherie Thiers  
Class Site: DRC

**\$41/4 Wks\*** (Min 6/Max 25)  
1576 1/10-1/31 Th 8:00-9:00 pm

### Scottish Country Dancing\*\* Age: 14+

No partner required; refer to receipt for dance attire. *Children (ages 8 to 13) may participate if a parent/guardian is concurrently enrolled.*

Learn the traditional dancing of Scotland. It is similar to Square Dancing, but requires learning more footwork. Tempos vary from lively jigs, reels and hornpipes, to the elegant, slower strathspeys.

Instructor: Robert Patterson  
& Renee Boblette  
Class Site: NCC

**\$59/12 Wks\*** (Min 10/Max 50)

#### Beginner

1691 1/10-3/28 Th 7:30-8:30 pm

#### Intermediate/Advanced

1692 1/10-3/28 Th 8:35-9:45 pm

### Social Ballroom – Waltz, Tango, and Foxtrot\*\* Age: 18+

No partner required; Have fun with social dances and beautiful music that are very simple and easy. You will learn some of the basic steps that can be danced at any social occasions.

Instructor: Astoria Staff  
Class Site: Astoria Ballroom  
369 E. 17th St., #10, Costa Mesa

**\$65/4 Wks\*** (Min 6/Max 30)

1814 1/8-1/29 T 6:30-7:15 pm

1815 2/5-2/26 T 6:30-7:15 pm

1816 3/5-3/26 T 6:30-7:15 pm

1817 1/10-1/31 Th 7:00-7:45 pm

1818 2/2-2/23 Sa 11:00-11:45 am

### Social Latin – Chacha, Rumba, Swing, and Salsa\*\* Age: 18+

Have fun with social dances and beautiful music that are very simple and easy. You will learn some of the basic steps that can be danced at any social occasions. No partner required.

Instructor: Astoria Staff  
Class Site: Astoria Ballroom  
369 E. 17th St., #10, Costa Mesa

**\$65/4 Wks\*** (Min 6/Max 30)

1819 1/8-1/29 T 6:30-7:15 pm

1820 2/5-2/26 T 6:30-7:15 pm

1821 3/5-3/26 T 6:30-7:15 pm

1822 2/7-2/28 Th 7:00-7:45 pm

1823 2/2-2/23 Sa 11:45 am-12:30 pm



### Low Carb Cooking – Diabetic Friendly Ages: 18+

Learning to cook and create your own recipes using low carb alternative ingredients and techniques. Taught by six time Orange County Fair ribbon winning chef!

\$25 material fee is due to the instructor.

Instructor: Lori Ann Cabanas  
Class Site: NCC

**\$95/4 Wks\*** (Min 5/Max 10)

1812 1/8-1/29 M 6:00-7:00 pm

1813 2/12-3/5 M 6:00-7:00 pm

### In the Kitchen with Debbie

Ages: 18+

\$2 material fee is due to instructor; please bring your apron.

Each week learn to prepare a recipe that is quick, healthy and affordable.

Instructor: Debbie Dickens  
Class Site: NCC

**\$53/6 Wks\*** (Min 5/Max 10)

1744 1/9-2/13 W 5:30-6:30 pm

### Appetizers & Hors d'oeuvres

Ages: 18+

\$15 material fee is due to instructor; please bring your apron.

Each week learn to prepare two recipes that keep entertaining affordable. The recipes for classes change each season.

Instructor: Debbie Dickens  
Class Site: NCC

**\$53/6 Wks\*** (Min 5/Max 10)

1732 1/19-2/13 W 7:00-8:00 pm

1777 2/20-3/27 W 5:30-6:30 pm

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## How to Attend a College of Your Dreams . . . and Afford It \*\*

Ages: 15+

Join us as we discuss not only addressing ways to beat the high cost of college, but obtaining those coveted spots by making your child stand out.

Instructor: Amberley Wolf/Sharon Buck  
Class Site: NCC

**\$65/1 Day\*** (Min 5/Max 20)

1811	2/12	T	6:30-8:30 pm
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## Introduction to Spoken Chinese Mandarin

Ages: 13+

\$25 material fee is due to the instructor.

Learn the language spoken by professionals and throughout schools of China. Everyday vocabulary, sentence patterns, and grammar create the foundation for communication and understanding Chinese culture. We make Mandarin easy!

Instructor: Pandarin Academy  
www.pandinacademy.com  
Class Site: NCC

**\$135/8 Wks\*** (Min 4/Max 20)

1831	1/10-2/28	Th	6:00-7:00 pm
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## Spanish Class

Ages: 18+

\$10 material fee is due to the instructor.

**Beginners** learn Spanish with little or no knowledge. The focus is on conversation for fast learning of daily actions. You'll speak Spanish from the very beginning. Vocabulary development, key grammatical structure, and use of appropriate verbs will follow. The lesson build on one another. The material you've just studied is recycle in later sessions as you learn new words, phrases, and grammatical forms.

Instructor: Maria D'Angelo  
www.portallanguages.com  
Class Site: NCC

**\$137/8 Wks\*** (Min 5/Max 10)

1669	1/16-3/6	W	6:00-7:00 pm
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## CPR & AED - Adult, Child & Infant \*\*

Ages: 10+

**Advance registration required**

\$27 material fee is payable to the instructor; details provided on receipt.

*Not for medical professionals requiring BLS. Approved for California state teachers. American Heart Association Heartsaver card is valid for 2 years.*

Don't miss a beat and increase the number of people "Stayin' Alive" with effective CPR, which can triple a victim's chance of survival. That's something to sing about. Bring a self-addressed and stamped envelope.

Instructor: Healthy U (714) 374-3008

Class Site: NCC

**\$39/1 Day\*** (Min 6/Max 16)

1765	2/15	F	5:30-9:00 pm
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1778	3/14	Th	5:30-9:00 pm
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## First Aid with Adult CPR & AED\*\*

Age: 10+

**Advance registration required**

\$25 material fee is payable to the instructor; details provided on receipt.

Are you interested in safety and knowing how to react in a real emergency? You can confidently and effectively treat an injury and deliver CPR until Emergency Medical Services (EMS) arrives. Bring a self-addressed and stamped envelope.

Instructor: Healthy U (714) 374-3008

Class Site: NCC

**\$44/1 Day\*** (Min 6/Max 16)

1590	3/7	Th	5:15-9:45 pm
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## Horse Fun for Adults\*\*

Age: 13+

\$15 material fee is due to the instructor; Long pants and boots required.

This recreational riding program teaches basic feeding, grooming, and riding techniques.

Instructor: Cheryl Skidmore

Class Site: Anaheim Equestrian Center  
1370 Sanderson Ave., Anaheim

**\$73/4 Wks\*** (Min 6/Max 12)

1642	1/19-2/9	Sa	3:00-4:00 pm
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1643	2/16-3/9	Sa	3:00-4:00 pm
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## Drawing by Design\* Age: 18+

Cezanne Still Life and Patterned Sun – Our January class will use pastels to draw this palate of orange and pitcher, and apply Cezanne's rich colors to add volume and depth. In March we'll learn to draw symmetrical shapes and add geometric patterns to create a unique sunshine character. Professional materials supplied by instructor.

Instructor: Young Rembrandts Staff

Class Site: NCC

**\$44/1 Day\*** (Min 5/Max 10)

1738	1/15	T	6:30-8:30 pm
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1589	3/16	S	1:30-3:30 pm
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## Machine Sewing\*\* Age: 14+

**Beginner**

\$5 partial material fee is payable to the instructor the first day of class.

Machines are limited; you may bring your own.

Learn the basics and gain confidence in accomplishing your sewing goals. Students will complete two or three projects. Supply list will be given out on the first day of class.

Instructor: Debbie Dickens

Class Site: NCC

No Class: 1/21

**\$53/5 Wks\*** (Min 5/Max 10)

1668	1/7-2/11	M	6:00-7:30 pm
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1669	2/25-3/25	M	6:00-7:30 pm
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